

KENTUCKY BREASTFEEDING RESOURCE GUIDE 2005



The Breastfeeding Resource Guide will be updated and reprinted every two years. The Kentucky Breastfeeding Website will maintain an updated version of the resource guide at www.chfs.ky.gov/dph/ach/BREASTFEEDING.htm. You can select the area of the state based upon your interest and print according to your needs. If you have changes that you notice for your area of the state, please contact Becky Derifield via email at becky.derifield@ky.gov with the information.



Kentucky Department for Public Health
Division of Adult and Child Health Improvement
Nutrition Services Branch/WIC Program
275 East Main Street, HS2W-D
Frankfort, KY 40621-0001
www.chfs.ky.gov/dph/ach/BREASTFEEDING.htm

Acknowledgements and Introduction

The United States Department of Agriculture Food and Nutrition Service (USDA/FNS) funded a national grant to improve breastfeeding initiation and duration rates among the selected states. The project is a collaborative effort among USDA/FNS, Best Start Social Marketing, and the Mississippi Department of Health - WIC Program. Kentucky was one of nine states and Indian Territories selected to receive funding in 2002. This grant is administered by the Kentucky Nutrition Services Branch through the WIC Program.

The grant focuses on building strong community partners to develop a comprehensive breastfeeding promotion plan that will make a positive impact in encouraging mothers in the Appalachian area of Kentucky to breastfeed and to gain support from their family, friends and their community.

A Steering Team was developed to assist the Kentucky Nutrition Services Branch to develop a plan for implementing and utilizing the grant funds. The Steering Team is comprised of the following members:

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The Steering Team developed the following implementation goals:

- To increase the incidence and duration of breastfeeding among low-income women in the Appalachian region;
- To increase the awareness of breastfeeding through a targeted education program for health professionals, family, support groups and worksites;
- Increase breastfeeding education offerings for health professionals in the targeted area;
- Increase the number of breastfeeding support groups to one per county or region;
- Develop a resource list for families and health professionals in the 18 targeted counties and Resource Guide will be developed for entire state;
 - ☐ Bath
 - ☐ Bell
 - ☐ Clay
 - ☐ Clinton
 - ☐ Fleming
 - ☐ Floyd
 - ☐ Harlan
 - ☐ Knott
 - ☐ Lawrence
 - ☐ Lee
 - ☐ Magoffin
 - ☐ Martin
 - ☐ McCreary
 - ☐ Montgomery
 - ☐ Pike
 - ☐ Rowan
 - ☐ Whitley
 - ☐ Wolfe
- Certify 10 businesses within each of the county seats of the 18 targeted counties as a Mother Friendly/Breastfeeding Friendly;
- Identify a theme from the Kentucky Loving Support Coalition and supply resources for the health departments in the 18 targeted counties;
- Create new logo and theme.

Accomplishments of the Steering Team include:

- Provision of awareness campaign to train all health department and Expanded Food and Nutrition Education Program workers across the state;
- Development of State Implementation Plan for Breastfeeding;
- Creation of new theme and logo: "Shape the Future – Breastfeed";
- Creation of five (5) new breastfeeding posters with the following themes:
 - ☐ Healthy generations are developed through breastfeeding;
 - ☐ Breastfeeding can be done discreetly ("undercover");
 - ☐ Breastfeeding provides immunity and increases IQ;
 - ☐ Breastfeeding is the original fast food;
 - ☐ Breastfeeding helps a woman get her figure back.
- Distribution of education materials to hospitals, pharmacies, doctor's offices, libraries and schools;
- Expansion of breast pump loan program for WIC mothers;
- Development and expansion of single-user or multi-user pumps for mothers going back to school or work.



SteeringTeam

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Breastfeeding Resource Guide

Efforts to increase the number of mothers who breastfeed their children continues. The Healthy People 2000 goals for breastfeeding were not met. The Kentucky State WIC Program continues to strive to meet the Healthy People 2010 breastfeeding goals:

To increase to 75% the proportion of mothers who breastfeed their babies in the early postpartum period, and to increase to 50% the proportion of mothers who breastfeed their babies through 5 to 6 months of age and for 25% of mothers to breastfeed their babies through the end of 1 year.

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This resource is intended to assist both health professionals and women in our state who need reliable breastfeeding information. Helpful breastfeeding support and information comes from such resources as:

1. International Board Certified Lactation Consultants (IBCLC)
2. Certified Lactation Counselor (CLC)
3. Hospital Based/or Private Lactation Consultants
4. Physicians and Hospital Staff trained in breastfeeding
5. The Kentucky WIC Program (Local agencies and Breastfeeding Grantees listed)
6. La Leche League
7. Breastfeeding Peer Counselors
8. Local Breastfeeding Support Groups/Coalitions
9. Former and current breastfeeding mothers

ADVANTAGES OF BREASTFEEDING

Best for Baby



- Colostrum**
 - * Perfect first food
- Superior infant food**
 - * Everything in the right amounts
 - * Digests easily, less constipation and colic
 - * Changes constantly to meet the growing needs of the baby
- Promotes good health**
 - * Protects against infection
 - * Sick less often
 - * Speeds recovery during illness
- Promotes physical development**
 - * Hand-eye coordination
 - * Brain growth
 - * Jaw, teeth and speech development



Best for mother




- * Feedings are easier and need no preparation
- * Uterus returns to normal size more quickly
- * Reduced risk of breast and uterine cancer
- * Always ready – no waiting
- * Helps burn calories
- * Increases self-confidence
- * Promotes close physical contact
- * Less time off from work
- * Less spent on doctor visits & medications

Best for Family




- * Breastmilk has less odor
- * Bowel movements have less odor
- * Less need for bottles or formula
- * Breastmilk may not stain clothing
- * Baby food may not be needed for first six months



Display boards

Contact Local Health Department for use of boards.

What is an International Board Certified Lactation Consultant (IBCLC)?

An International Board Certified Lactation Consultant is an allied health care professional who has extensive experience working with breastfeeding women and their babies in normal and unusual situations. Lactation consultants work in many settings—hospitals, private practice, physicians' offices, home care services, health agencies, etc. They assess the mother and baby, take a history, observe the mother and baby breastfeeding, write care plans, report to the mother's and baby's primary care providers, and arrange for follow-up. International Board Certified Lactation Consultants pass a rigorous, independent, accredited certifying examination. Professional lactation consultants receive payment for their services. Many lactation consultants also provide educational programs and updated resources for health care professionals.

Breastfeeding counselors and lactation consultants may work closely together when a mother is experiencing a breastfeeding problem. Once the problem resolves the lactation consultant may refer back to the breastfeeding counselor for continued support.

For more information on the IBCLC Credential, contact the International Board of Lactation Consultant Examiners (IBCLE) at www.IBCLE.org or 703-560-7330.

To find an IBCLC in your area, you can access two on-line resources:

- IBCLE US Registry: www.iblce.org/us%20registry.htm
- "Find A Lactation Consultant" directory on the website of the International Lactation Consultant Association (ILCA): www.ilca.org and select the Find A Lactation Consultant tab at the top.



What is a Certified Lactation Counselor (CLC)?

Certified Lactation Counselor (CLC) is not a professional designation, but rather a person who has successfully completed a 40 hour course of training and received a certificate. No credential in lactation expands practice parameters. These are set by licensing and sometimes by community standards. The CLC, like all certificates of added qualification, carries no regulatory authority for licensure. All health professionals should seek out information about how this certificate relates to licensure, accreditation or employment opportunity in their community. The certificate is valid for 3 years and may be renewed via submission of proof of 18 hours of continuing education in breastfeeding and human lactation.



What is La Leche League?

La Leche League (LLL) is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support and encouragement to women who want to breastfeed. Volunteer Leaders are breastfeeding mothers who have completed a Leader Development program. They provide general breastfeeding counseling free of charge over the phone, in person, and at group support meetings. All women interested in breastfeeding are welcome to contact a local LLL Leader. To find a Leader, visit the LLL website at www.lalecheleague.org or phone 1-800-LA-LECHE.



What is WIC and how does it support breastfeeding?

WIC is the “Supplemental Nutrition Program for Women, Infants and Children.” It is a Federally-funded program serving pregnant and breastfeeding women, infants, and children ages 1-5. Participants qualify based on household income and nutritional risk. WIC provides nutrition counseling to promote a healthy pregnancy and healthy infants and children. WIC also provides food instruments to purchase healthy foods, including milk, cheese, beans, juice, cereal, and infant formula.

The Kentucky WIC Program supports breastfeeding by including information during nutrition counseling, offering classes, and linking mothers to resources at the hospital and through physicians. WIC offers a variety of breast pumps to help mothers who may have a medical need or will be returning to work or school and need help maintaining their milk supply. WIC also offers information and training to staff at health departments, hospitals, and clinics to help health care professionals stay abreast of developments in lactation counseling and management.



What is a “Breastfeeding Grantee”?

The Kentucky WIC Program has identified a breastfeeding resource person in several areas of the state. This person, known as a “Breastfeeding Grantee,” provides additional assistance in protecting, promoting, and supporting breastfeeding. This can include public information and media outreach, attending community events and health fairs, participating in health services planning, organizing continuing education opportunities, and lecturing to students in primary, secondary, and post-secondary schools. Each Grantee covers a broad region in Kentucky.

What is a “Breastfeeding Peer Counselor”?

The State of Kentucky would like to announce a new program to benefit breastfeeding mothers. The Breastfeeding Peer Counselor Program funded by a grant from USDA in 2004. The following four pilot sites were chosen from across Kentucky to offer peer counseling services: Jefferson, Marshall, Perry and Boyd Counties. Peer counseling has been a significant factor in improving breastfeeding initiation and duration rates among women in a variety of settings, including economically disadvantaged and WIC populations representing diverse cultural backgrounds and geographical locations. The Breastfeeding Peer Counselor is a current or former WIC participant with personal breastfeeding experience who is enthusiastic about breastfeeding and wants to help other mothers enjoy a positive and successful experience with breastfeeding. Peer counselors are effective in communities where role models for breastfeeding behaviors, knowledgeable health care providers, and cultural practices that include breastfeeding as a norm are scarce. Among the most powerful is the ability of peer counselors to provide ongoing support and practical suggestions for breastfeeding that are modeled on their own life experiences. It’s all about moms helping moms.

What is the University of Kentucky Cooperative Extension Service?

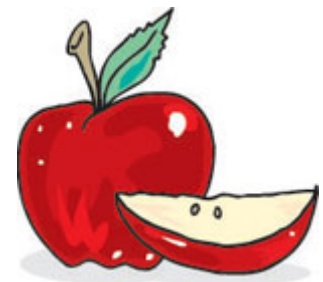
The mission of the University of Kentucky Cooperative Extension Service is to make a difference in the lives of Kentucky citizens through research-based education. Jointly with Kentucky State University, our land grant partner, the CES takes education to people in the local communities. A major focus of the CES is to develop strong, healthy and safe families.

The Kentucky Nutrition Education Programs are instrumental in the education of limited resource families. Both programs are funded through USDA and are administered by UK CES.



What is the Expanded Food and Nutrition Education Program (EFNEP)?

The goal of the Expanded Food and Nutrition Education Program (EFNEP) is to educate limited resource people with young children to acquire knowledge, improve skills and change behavior necessary to achieve health and well-being. It has effectively increased the families' ability to manage a limited food budget and select more nutritious diets.



What is the Food Stamp Nutrition Education (FSNE) Program?

The goal of Food Stamp Nutrition Education (FSNE) is to improve the likelihood that Food Stamp Program participants and applicants will make healthy choices within a limited budget and choose active lifestyles consistent with the current Dietary Guidelines for Americans and the Food Guide Pyramid.

Breastfeeding is an important component in the development of these strong and healthy families. UK CES has partnered with the Shape the Future Steering Team to assist in increasing the incidence and duration of breastfeeding. Louise Moore, Program Development Coordinator and Nutrition Education Coordinator for EFNEP and FSNE, has been a steering team member and part of the Loving Support training from the beginning of the grant. Through this collaboration, all new paraprofessionals with EFNEP and FSNE are trained on breastfeeding basics.

To locate the cooperative UK CES office in your county go to www.ca.uky.edu/county.

Pumps and Breastfeeding Equipment

Breast pumps come in a variety of styles and price ranges. Selection of a pump depends on its purpose.

- **Hospital-grade electric breast pumps** may be needed for high-risk mothers and babies to establish and maintain lactation during periods of extended separation or other medical problems. These pumps typically use a “double” pump kit to express both breasts simultaneously. These pumps are very expensive, and so are usually rented, though some families pumping for several months may choose to purchase. Many insurance companies, including the Kentucky Medicaid Program, reimburse for electric breast pump rental only when a breastfeeding baby is hospitalized. Other programs, such as Kentucky WIC, can reimburse if there is a medical need and mother and baby are not separated. A prescription is needed from the baby's doctor stating the need for the baby to have his or her mother's breast milk.
- **Personal electric breast pumps** are appropriate for women who are breastfeeding well and also need to pump regularly during the day. These are often women who have returned to the workplace or to school. These pumps are also able to express both breasts simultaneously.
- **Personal battery-operated breast pumps** are also appropriate for women who are breastfeeding well but also need to pump. These pumps usually express only one breast at a time. Their motors tend to be louder and less durable than the personal electric pumps noted above. Many have adaptors to allow them to be plugged in.
- **Hand Pumps** are appropriate for women who have a thriving, breastfed baby and wish to pump occasionally. They are also useful for providing short-term relief from engorgement or for pumping due to missed feedings. There are many different styles and manufacturers of hand pumps. Most express one breast at a time.

The table below provides examples of several companies who manufacture breast pumps. This is not an all-inclusive list. For more information on these companies, their product lines, and retail outlets, call their phone numbers or visit their websites.

Company	Hospital-Grade	Personal Electric	Personal Battery	Hand	Other Accessories
Avent America, Inc 501 Lively Boulevard Elk Grove, IL 60007-2013 800-542-8368 www.aventamerica.com				Isis pump	
Bailey Medical Engineering 2216 Sunset Drive Los Osos, CA 93402 800-413-3216 www.folksatbailey.com		Nurture III			
Hollister/Ameda/Egnell 2000 Hollister Drive Libertyville, IL 60048-3781 1-800-323-4060 www.hollister.com	SMB pump Elite Lact-E Lact-E light	Purely Yours Nurture III		One-Hand pump Generic Cylinder pump	Large flanges
Medela, Inc. 1101 Corporate Drive McHenry, IL 60050 1-800-435-8316 www.medela.com	Classic Lactina Symphony	Pump In Style Double Ease Mini-Electric		Harmony Spring Express ManualEase Little Hearts	Large flanges Foot-pedal pump
WhisperWear Marietta, GA 770-984-0905 www.whisperwearinc.com			Ellen pump		
Whittlestone P.O. Box 2237 Antioch, CA 94531 1-877-608-MILK www.whittlestone.com	Breast Expresser				

Pumps Through The Kentucky WIC Program

Many county WIC Programs, in cooperation with other programs serving pregnant and new mothers, offer breast pumps to their participants. The type of pump offered is ideally matched with the mother's pumping needs as outlined above. Personal electric and hand pumps are most frequently offered. Large rented pumps paid through the WIC Program are also available to families with a medical need.

Guidelines For Providing Breast Pumps

All WIC agencies distributing breast pumps must have written policies concerning the distribution of breast pumps. Written policies promote consistency in education and documentation and reduce agency liability. The following general policies apply to WIC agencies, but are also applicable to other health care providers offering guidance or assistance with breast pumps:

1. Health Professionals issuing and providing education about the use of breast pumps must have adequate skills and training to provide these services.
2. Policies should identify the health professionals within each agency/site who will:
 - a. Evaluate a woman's need for a breast pump, and the type of pump needed;
 - b. Authorize the provision of a pump;
 - c. Issue a pump;
 - d. Teach hand massage and expression to use in conjunction with the pump;
 - e. Teach women how to use the pump;
 - f. Provide backup if the designated health professionals is not available; and
 - g. Provide follow-up services.
3. Collection kits or manual breast pumps cannot be reused, sterilized or loaned to more than one person.
4. Breastfeeding women need accurate information about assembling, using and cleaning breast pumps and collection kits. Staff must:
 - a. Provide materials with accurate pictures or drawing of the pump, its use, and cleaning; and
 - b. Demonstrate the assembly, disassembly, and use and care of the pump (in person or using a videotape).
5. Breastfeeding women must receive accurate information about collecting, storing and warming expressed breast milk to maintain the quality and safety of the milk for later feeding. Refer to Guidelines for Storage of Breast milk (found in Appendix).
6. Staff must document the issuance of a breast pump, the counseling received, and any release or Informed Consent forms in the participant's record.
7. After issuance of the pump a breastfeeding woman should receive follow-up services.



Policies On Renting Electric Breast Pumps

For families that are participating in the WIC Program and do not qualify for the Medicaid Program, rental of an electric breast pump can be essential in establishing or maintaining an adequate milk supply when there is maternal/infant illness; during mother/infant separations such as hospitalization; and to breastfeeding women who have temporary breastfeeding problems such as engorgement. If the infant or mother has a medical card, the Medicaid Program must be billed FIRST when baby and mother are separated. Please contact the Medicaid Program for questions or assistance in Medicaid eligible situations.

To authorize rental through the WIC Program, the following criteria must be met:

1. The electric breast pump is needed due to a medical condition.
2. The prescription must be received prior to issuance of any breast pump. The prescription must specify the medical condition, the time period the pump is needed and be signed by a physician, physician assistant, or Advanced Registered Nurse Practitioner (ARNP).
3. The prescription cannot be for a time period of longer than three (3) months.
4. The mother has delivered, been released from the hospital and has to leave the infant in the hospital or the mother has to be readmitted to the hospital for a surgery or procedure.

If a WIC participant has a medical need to rent an electric breast pump, she should be in contact with her local WIC office and her physician (whether for herself or her infant). The local WIC office can provide further guidance on completing the appropriate paperwork and securing a rental electric breast pump.

International and National Educational and Organizational Resources

Breastfeeding Education Resources for Parents	Internet Address	Comment
AAP Parent information on breastfeeding	http://www.aap.org/healthtopics/breastfeeding.cfm	FAQ, on-line and print resources available for counseling parents
Amy's Baby Company (Amy Spangler)	www.amysbabycompany.com	US-oriented advocacy news, parent education resources.
Best Start	www.beststartinc.org beststart@beststartinc.org	Source for "Loving Support" breast-feeding promotion materials.
Breastfeeding Online (Cindy Curtis)	www.breastfeedingonline.com	Patient education materials, advocacy, health professional resources.
Childbirth Graphics/WRS Group 1-800-299-3366 ext. 287	www.childbirthgraphics.com	Patient education videos, pamphlets, props.
Eagle Video Productions	www.eaglevideo.com	Patient education videos.
Food and Nutrition Info Service, USDA, Infant feeding materials links	http://www.nal.usda.gov/childcare/Links/infantfeeding.html	On-line links to various patient education flyers and pamphlets from around the US.
Geddes Productions	www.geddesproduction.com	Patient education videos, slides, product reviews.
Hollister / Ameda	www.hollister.com	Breast pump manufacturer; patient education handouts
ibreastfeeding	www.ibreastfeeding.com	Breastfeeding and parenting books, calendars, coloring pages for children.
Injoy	www.injoyvideos.com	Patient education videos.
Lact-Aid International	www.lact-aid.com	Breastfeeding tool for supplementing at breast. On-line catalog
La Leche League International 1-800-La Leche	www.lalecheleague.org	On-line information pages, find Leaders and Groups, on-line catalog
Medela, Inc.	www.medela.com	Breast pump manufacturer; patient education handouts
Medline Plus (National Library of Medicine)	www.nlm.nih.gov/medlineplus/breastfeeding.html	Parent-oriented web-pages and handouts on breastfeeding
National Breastfeeding Awareness Campaign (DHHS Office of Women's Health)	www.4woman.gov/breastfeeding/	Frequently Asked Questions, posters, Public Service Announcements, etc. for media campaign.
Noodle Soup 1-800-795-9295	www.noodlesoup.com	Patient education videos, pamphlets, pens, clothing.
Vida Health Communications	www.vida-health.com	Patient education videos.
WIC Works Resource Center	www.nal.usda.gov/wicworks	Patient education materials designed by WIC programs.

Organizations: Parents/Families	Internet Address	Comment
African-American Breastfeeding Alliance, Inc.	www.aabaonline.com/index.html	
Breastfeeding.com	www.breastfeeding.com	Information and retail site for breastfeeding families
La Leche League International (LLLI) 1400 North Meacham Road Schaumburg, IL 60173-4840 Phone: 800-LA-LECHE (Call to seek support) Phone: 847-519-7730 Phone: 847-519-9585 (customer service) FAX: 847-519-0035	www.lalecheleague.org	Original mother-to-mother support organization. Large on-line and print catalog of materials for families and health care professionals. Large biennial conference for mothers and health professionals;
La Leche League of Kentucky	http://www.lalecheleague.org/Web/Kentucky.html	Groups and leaders in different regions throughout Kentucky
La Leche League in other states	http://www.lalecheleague.org/WebUS.html	Webpage index to find groups in other states in the US.
Working Mother Magazine Top 100 Companies	www.workingmother.com/100BEST_2004.html	List includes support for breastfeeding on-site

Breastfeeding Resources for Health Professionals—Practice Guidelines and Statements	Internet Address	Comment
AAP “Breastfeeding and the Use of Human Milk” 2005	http://aappolicy.aappublications.org/cgi/content/full/pediatrics;115/2/496	Academy’s position on breastfeeding.
AAP “Prevention of Rickets and Vitamin D Deficiency: New Guidelines for Vitamin D Intake”	http://aappolicy.aappublications.org/cgi/content/full/pediatrics;111/4/908	Academy’s position on Vitamin D supplementation, including for breastfed infants
AAP “Management of Hyperbilirubinemia in the Newborn Infant 35 or More Weeks of Gestation”	http://aappolicy.aappublications.org/cgi/content/full/pediatrics;114/1/297	Clinical practice guideline for jaundice; very supportive of breastfeeding
Breastfeeding Best Practice Guidelines for Nurses	www.rnao.org/bestpractices	Evidence-based practices for breastfeeding, developed in Canada
Canadian Pediatric Society Breastfeeding Statement	www.hc-sc.gc.ca/hppb.cny/infannutrition/	
CDC Growth Charts	www.cdc.gov/growthcharts/	
“Evidence-based guidelines for breastfeeding for first 14 days.”	www.ilca.org/pubs/ebg.php	Evidence-based practices for breastfeeding initiation from the Int’l Lactation Consultant Assoc.
Healthy People 2010	www.healthypeople.gov	National goals for breastfeeding, nutrition and health.
Human milk storage and handling for hospital and home	www.hmbana.org	New ‘best practices’ document, available for sale.
Lactation Amenorrhea Method	www.waba.org.my/specialpages/lam/lam.htm	FAQ on this birth control method
National Child Care Health Standards	http://nrc.uchsc.edu/	Child care center standards with extensive information on infant nutrition, including breastfeeding, solids, and milk storage guidelines. Website also has childcare regulations for all states in the US.
National Guideline Clearinghouse	www.guideline.gov	Wide variety of practice guidelines for health care
New York State Department of Health “Breastfeeding Curriculum, grades K-12”	www.health.state.ny.us/nysdoh/b_feed/level1.htm	School curriculum incorporating breastfeeding topics
WIC Works Resource Center	www.nal.usda.gov/wicworks	Policy materials designed by WIC programs.

Breastfeeding Resources for Health Professionals—Lactation Management Training	Internet Address	Comment
Breastfeeding and Human Lactation (online course) Box 41 Wichita, Kansas 67260-0041 Phone: 316-978-5737 (O) 316-838-4341 (H) FAX: 316-978-3094	email: jriordan@cox.net	On-line course through Wichita State University College of Nursing.
Breastfeeding Support Consultants 1613 Burning Trail Wheaton, IL 60187 Phone: 630-547-5057	www.bsccenter.org email: pallyn@bsccenter.org	Lactation management courses.
Bright Future Lactation Resource Centre 6540 Cedarview Court Dayton, OH 45459 Phone: 937- 438-9458 Phone: 888-235-7201 FAX: 937-438-3229	www.bflrc.com e-mail: lindaj@bflrc.com	Lactation management courses, patient education materials.
Center for Breastfeeding-Healthy Children 2000 327 East Quaker Meeting House Road East Sandwich, MA 02537 Phone: 508-888-8044 FAX: 508-888-8050	www.healthychildren.cc e-mail: info@healthychildren.cc	Lactation management courses, conferences.

Health e-Learning P. O. Box 2405 Chermside Centre 4032 Australia Phone: +61-7-3263-8127 FAX: +61-7-3862-8651	www.health-e-learning.com/ e-mail: denise@health-e-learning.com	On-line distance learning lactation management courses, based in Australia.
Lactation Education Consultants 618 N. Wheaton Avenue Wheaton, IL 60187 Phone: 630-260-4847 FAX: 630-260-8879	www.lactationeducationconsultants.com e-mail: LECOffice@aol.com	Lactation management courses.
Lactation Education Resources 3621 Lido Place Fairfax, VA 22031 Phone: 703-691-2069 FAX: 212-838-6930	www.LERon-line.com www.leronline@yahoo.com	Lactation management courses, clinical practice information, on-line continuing education, patient education handouts
Lactation Institute 3441 Clairton Pl. Encino, CA 91436 Telephone 818-995-1913 FAX 818-995-0634	www.lactationinstitute.org email: info@lactationinstitute.org	Lactation management courses, basic to advanced; clinical practice information.
Physician Breastfeeding Basics (Case Western Reserve Univ).	http://breastfeedingbasics.org/	Non-commercial, on-line breastfeeding information 'short course' targeting health professionals; CME credit available

Breastfeeding Resources for Health Professionals—Journals, etc.	Internet Address	Comment
British Medical Journal	www.bmj.com/bmj/	On-line subscription available FREE.
Dental/oral health and Breastfeeding Brian Palmer)	www.brianpalmerdds.com	PowerPoint presentations and articles on sleep apnea, caries, SIDS, otitis media for health professionals.
ibreastfeeding	www.ibreastfeeding.com	Web-based, publishes breastfeeding reference books (Pharmasoft Publishing), hosts annual conference.
International Pediatric Chat	www.pedschat.org	Weekly live 'chat' on various pediatric topics, not just breastfeeding.
Jones & Bartlett Publishing	www.jbpub.com	Publishes bf reference books.
Journal of the American Medical Association (JAMA)	www.jama.ama-assn.org	On-line subscription available.
Journal of Human Lactation	www.jhl.sagepub.com	Subscription with ILCA membership; individual articles purchasable.
Lactnet	http://peach.ease.lsoft.com/archives/lactnet.html	On-line discussion board for lactation professionals; subscribe or search via the archives page.
Lancet	www.thelancet.com/	On-line subscription available FREE
Linkages	www.linkagesproject.org	Provides technical guidance to developing countries. Publications on breastfeeding, complementary foods, for health care providers and parents.
Maternal Child Nursing (MCN)	www.MCNjournal.com	
National Center for Education in Maternal & Child Health	www.ncemch.org	Library with numerous US policy and program documents on breastfeeding
National Center for Health Statistics	www.cdc.gov/nchs	CDC center collecting and analyzing health stats for HP2010 and others
New England Journal of Medicine	www.nejm.org	
Pediatric Journal of Gastroenterology and Nutrition	www.jpagn.org	
Pediatrics	http://pediatrics.aappublications.org/current.shtml	On-line abstracts available FREE; current issue.
PubMed (National Library of Medicine)	www.ncbi.nlm.nih.gov/entrez/query.fcgi	On-line search engine for scientific journals.
Wellstart International P.O. Box 80877 San Diego, CA 92138-0877 Phone: 619-295-5192 FAX: 619-574-8159	www.wellstart.org e-mail: info@wellstart.org	A leader in breastfeeding policy and lactation management. Website hosts several publications, including curricula for medical, nursing, and dietetics programs.

Organizations: Advocacy	Internet Address	Comment
Baby Milk Action UK	www.babymilkaction.org	IBFAN group from Britain
Coalition to Improve Maternity Services (CIMS)	www.motherfriendly.org	Lead on improving birth care, primarily in the US; lead organization on the "Mother-Friendly Childbirth Initiative." Annual Conference
Dr. Ted Greiner's breastfeeding page	www.breastfeedingfortheworld.net	Essays by well-known breastfeeding supporter on international issues.
Healthy Mothers, Healthy Babies 409 12 th Street SW, Suite 309 Washington, DC 20024-2188 Anita Boles Phone: 202-863-2458	www.hmhb.org	National group addressing various health issues for mothers and children.
INFACT Canada 6 Trinity Square Toronto M5G 1B1 Ontario P.O. Box 781 Canada Phone: (+1) 416-595-9819 FAX: (+) 416-591-9355	http://www.infactcanada.ca/ Secure website for on-line ordering. North American IBFAN Coordinating center. e-mail: infact@ttn.net	Canadian non-governmental organization that works to protect infant and young child health as well as maternal well-being through the promotion and support of breastfeeding and optimal infant feeding practices. Website has resources for advocacy and information.
International Baby Food Action Network (IBFAN)	www.ibfan.org	A network of public interest groups working around the world to reduce infant and young child morbidity and mortality. Lead organization on global monitoring of the WHO Code of Marketing of Breast milk Substitutes. Website has Code document and monitoring reports as well as breaking news on issues compromising breastfeeding. INFACT-Canada is North American IBFAN coordinator.
Maloney, Rep. Carolyn	http://www.house.gov/maloney/index.html	New York US Representative, has introduced bills to Congress in past to protect bf.
National Alliance for Breastfeeding Advocacy (NABA) 254 Conant Road Weston, MA 02493-1756 FAX: 781-893-8608	www.naba-breastfeeding.org email: marshalact@aol.com	Not-for-profit organization advocating for breastfeeding legislation and policy. Monitors formula industry and US government activities relevant to infant feeding.
National Breastfeeding Awareness Campaign (DHHS Office of Women's Health)	www.4woman.gov/breastfeeding/	Frequently Asked Questions, posters, Public Service Announcements, etc. for media campaign.
National Breastfeeding Media Watch (NBMW)	http://www.dshs.state.tx.us/wic/hd/lactate/media.shtm email: chan.mcdermott@dshs.state.tx.us	A program of the Texas Department of Health, NBMW collects information on media portrayals of breastfeeding (good and bad) and advocates for normalizing healthy breastfeeding attitudes.
Promotion of Mother's Own Milk (PROMOM)	www.promom.org	Grass-roots advocacy; 101 reasons to bf; organizes 'National Nurse Out'.
Texas Department of Health Website for Breastfeeding Promotion	www.dshs.state.tx.us/wichd/lactate.default.shtm	Health professional and client (WIC) oriented bf materials.
United States Breastfeeding Committee	www.usbreastfeeding.org	A coalition of health, advocacy and governmental organizations working collaboratively to protect, promote and support breastfeeding and thereby improve the nation's health. Website contains several issue papers and position statements.
USDA-WIC Breastfeeding Home Page	www.fns.usda.gov/wic/Breastfeeding/breastfeedingmainpage.htm	
World Alliance for Breastfeeding Advocacy (WABA) P. O. Box 1200 10850 Penang, Malaysia Phone: 604-658-4816 FAX: 604-657-2655	www.waba.org.my e-mail: waba@streamyx.com	Lead organization for World Breastfeeding Week. Also involved in international advocacy on HIV, working mothers and infant marketing controls. Website has a variety of documents including World Breastfeeding Week Action Folders and Lactation Amenorrhea Method Frequently Asked Questions.

Organizations: Health Care Professionals	Internet Address	Comment
Academy of Breastfeeding Medicine (ABM) 191 Clarksville Road Princeton Junction, NJ 08550 Phone: 877-836-9947 x25 FAX: 609-799-7032 Phone: Local/International: 609-799-6327	www.bfmed.org e-mail: ABM@bfmed.org	A worldwide organization of physicians dedicated to the promotion, protection and support of breastfeeding and human lactation. Website has a number of protocols for breastfeeding families, including hypoglycemia, mastitis, co-sleeping, and human milk storage.
American Academy of Family Physicians 800-274-2237	www.aafp.org www.familydoctor.org/019.xml - breastfeeding site	
American Academy of Pediatrics 141 NW Point Blvd. Elk Grove Village, IL 60009-0927 Phone: 847-434-4000 Betty L. Crase, Program Manager Phone: 847-434-4779 Phone: 800-436-9016	www.aap.org www.aap.org/healthtopics/breastfeeding.cfm	A number of print, published and on-line resources for breastfeeding for families and health professionals. 2 nd URL links to policy statements and treatment guidelines relevant to breastfeeding.
American College of Nurse Midwives	www.midwife.org	
American Dietetic Association	www.eatright.org	
Baby-Friendly Hospital Initiative, USA	http://www.babyfriendlyusa.org/eng/index.html	Lead organization for Baby-Friendly Hospital Initiative in the US.
Human Milk Banking Association of North America 1500 Sunday Drive, Suite 102 Raleigh, NC 27607 Phone: 919 861-4530 ext. 226	www.hmbana.org e-mail: aprather@olsonmgmt.com	The professional association for human milk banks in Canada, Mexico and the United States. Website has information on donor milk banking, locations of milk banks, and practice guidelines for storage, handling and use of mother's milk and donated milk.
International Board of Lactation Consultants Examiners (IBLCE) 7309 Arlington Blvd., Suite 300 Falls Church, VA 22042-3215 Phone: 703-560-7330	www.iblce.org e-mail: iblce@erols.com	Accredited examination organization to credential IBCLC Lactation Consultants. Website hosts extensive information about the exam, including criteria to qualify, dates and locations.
International Childbirth Education Association (ICEA)	www.icea.org	
International Lactation Consultants Association (ILCA) 1500 Sunday Drive, Suite 102 Raleigh, NC 27607 Phone: 919-787-5181 FAX: 919-787-4916	www.ilca.org e-mail: info@ilca.org	Professional association for lactation consultants and other health professionals involved in lactation management. Website hosts policy documents and independent study modules. Large annual conference.
International Society for Research in Human Milk & Lactation	www.isrhml.org/	
Kentuckiana Lactation Improvement Coalition C/o 859-288-2348 or 502-574-5279.	Email: Dorainef.Bailey@ky.gov	Professional association for lactation consultants in Kentucky and S. Indiana, non-profit affiliate of ILCA.



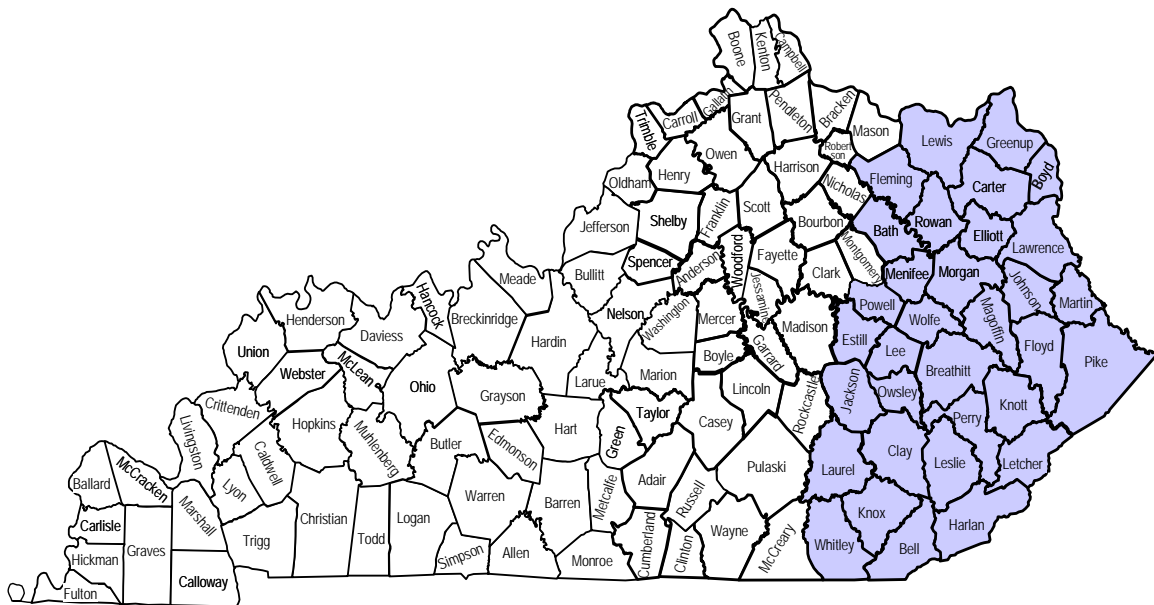
I. Eastern Kentucky Region

Counties include:

Bath
Bell
Boyd
Breathitt
Carter
Clay
Elliott
Estill
Fleming
Floyd
Greenup
Harlan

Jackson
Johnson
Knott
Knox
Laurel
Lawrence
Lee
Leslie
Letcher
Lewis
Magoffin

Martin
Menifee
Morgan
Owsley
Perry
Pike
Powell
Rockcastle
Rowan
Wolfe
Whitley



For information about the following topics, please refer to pages 2 – 8 in the description section of the Breastfeeding Resource Guide.

- International Board Certified Lactation Consultant
- Certified Lactation Counselor
- La Leche League
- WIC/breastfeeding
- Breastfeeding Grantee
- Breastfeeding Peer Counselor
- UK Cooperative Extension Service(CES)/Expanded Food and Nutrition Education Program (EFNEP)/Food Stamp Nutrition Education (FSNE)
- Pumps and Breastfeeding Equipment
- Pumps through the Kentucky WIC Program
- Guidelines for Providing Breast Pumps
- Policies on Renting Breast Pumps

A. International Board Certified Lactation Consultants

Belinda Bentley, RN, IBCLC, RLC
Pike County Health Department
119 River Drive
Pikeville, KY 41501
606-437-5500 ext 334
BelindaJ.Bentley@ky.gov

Terri Brislin, RN, IBCLC, RLC
Kings Daughters Medical Center
2201 Lexington Ave.
Ashland, KY 41101
Breastfeeding Hotline (606) 327-7366

Lonna C. Castle, RN, IBCLC, RLC
Highlands Regional Medical Center
1864 Rt. 302
Van Lear, KY 41265
606-789-9761
lonna@tiusa.net

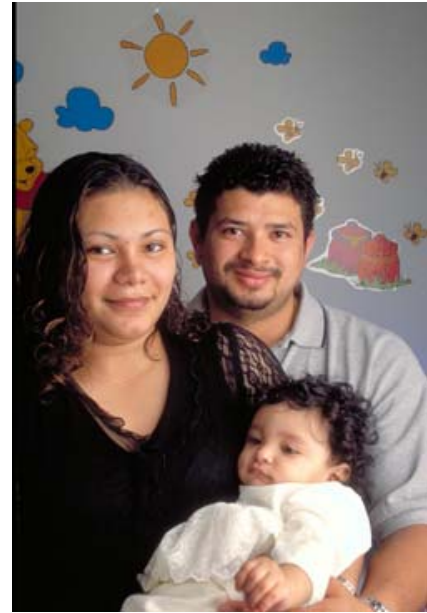
Cindy Derifield, RN, IBCLC, RLC
Kings Daughters Medical Center
2201 Lexington, Ave.
Ashland, KY 41101
Breastfeeding Hotline (606) 327-7366

Teresa Ferguson, RN, IBCLC, RLC
St. Clair Regional Medical Center
222 Medical Circle
Morehead, KY 40351
606-783-6641
tferguson14@hotmail.com

Karen Osborne, MS, RD, LD, IBCLC, RLC
Greenup County Health Department
US 23
P. O. Box 377
Greenup, KY 41144
606-473-9838

Tammy Lowe, RN, IBCLC, RLC
Whitley County Health Department
114 N. Second St.
Williamsburg, KY 40769
606-549-3380
tammya.lowe@ky.gov

Kathy Watrous, RN, IBCLC, RLC
Cabell Huntington Hospital
1340 Hal Greer Blvd.
Huntington, WV 25701
304-526-2284



B. WIC Breastfeeding Grantees

Cathy Anderson, RN, CLC, CCE
Ashland-Boyd County Health Department
2924 Holt Street
P. O. 4069
Ashland, KY 41105-4069
606-329-9444 ext. 2236
CatherineT.Anderson@ky.gov
wildwood@dragg.net

Belinda Bentley, RN, IBCLC, RLC
Pike County Health Department
119 River Drive
Pikeville, KY 41501
606-437-5500 ext. 334
BelindaJ.Bentley@ky.gov

Alice Caudill, RD, LD
Kentucky River District Health Department
441 Gorman Hollow Road
Hazard, KY 41701-2316
606-439-2361
Alice.Caudill@ky.gov

Kimberly Coffey, RN, CLC
Cumberland Valley District Health
Rockcastle County Center
P.O. Box 840
Mt. Vernon, KY 40456
606-256-2242 ext. 137
KimCoffeyRCHD@yahoo.com



C. Local Health Departments/WIC

Ashland-Boyd County Health Dept. 2924 Holt Street P.O. Box 4069 Ashland, KY 41105-4069 606-329-9444 FAX 606-324-5423 Cathy Anderson, RN, CLC, CCE Breastfeeding Coordinator 606-329-9444 ext. 2236	Breathitt County Health Department 359 Broadway P.O. Box 730 Jackson, KY 41339 606-666-7755 & 8052 & 2333 (WIC) FAX 606-666-4601 Penny Mauk Breastfeeding Coordinator 606-666-7755
Estill County Health Department 365 River Drive P. O. Box 115 Irvine, KY 40336 606-723-5181 or 5182 FAX 606-723-5254 Sharon Hensley Breastfeeding Coordinator 606-723-5181 ext. 225	Fleming County Health Department 194 Windsor Lane Flemingsburg, KY 41041 606-845-6511 FAX 606-845-0879 Daphanie Smith Breastfeeding Coordinator 606-845-6511
Floyd County Health Department 144 Front Street Prestonsburg, KY 41653 606-886-2788 & 1-888-273-1928 FAX 606-886-7989 Tora Slone (Wheelwright site) Breastfeeding Coordinator 606-452-9300	Greenup County Health Department US 23 P. O. Box 377 Greenup, KY 41144 606-473-9838 FAX 606-473-6405 Karen Osborne, RD, LD, IBCLC, RLC Breastfeeding Coordinator 606-473-9838
Johnson County Health Department 630 James Trimble Boulevard Paintsville, KY 41240 606-789-2590, 2591, 2595, 2583 FAX 606-789-8888 or 606-789-8237 Christi Begley Breastfeeding Coordinator 606-789-2590 ext. 341	Knox County Health Department P. O. Box 1689 Barbourville, KY 40906 606-546-3486 FAX 606-546-2867 Suzanne Satterfield Breastfeeding Coordinator 606-546-3486
Laurel County Health Department 310 W. Third Street London, KY 40741 606-864-5187 & 5244 FAX 606-864-8295 Sandy Gregory, RN, CLC Breastfeeding Coordinator 606-864-5187	Lawrence County Health Department 1080 Meadowbrook Lane, P. O. Box 596 Louisa, KY 41230 606-638-4389 FAX 606-638-9500 Carolyn McGinn RD, LD Breastfeeding Coordinator 606-638-4389

<p>Lewis County Health Department 905 Fairlane Drive Vanceburg, KY 41179 606-796-2632, 796-3295 FAX 606-796-9285</p> <p>Carla Skaggs, RN Breastfeeding Coordinator 606-796-2632</p>	<p>Magoffin County Health Department 723 Parkway Drive Salyersville, KY 41465 606-349-6212 FAX 606-349-6216</p> <p>Peggi Jordan Breastfeeding Coordinator 606-349-6212</p>
<p>Martin County Health Department Main Street P.O. Box 346 Inez, KY 41224 606-298-7752 FAX 606-298-0413</p> <p>Phyllis Campbell Breastfeeding Coordinator 606-298-7752</p>	<p>Pike County Health Department 119 River Drive Pikeville, KY 41501 606-437-5500 FAX 606-433-9690</p> <p>Belinda Bentley, RN, IBCLC, RLC Breastfeeding Coordinator 606-437-5500 ext. 334</p>
<p>Powell County Health Department 376 North Main Street Stanton, KY 40380-0006 606-663-5584 FAX 606-663-9790</p> <p>Stacy Crase, RD, LD Breastfeeding Coordinator 606-663-4360</p>	<p>Whitley County Health Department 114 N. Second St. Williamsburg, KY 40769 606-549-3380 FAX 606-549-8940</p> <p>Linda Conlin Breastfeeding Coordinator 606-549-3380</p>
<p>Cumberland Valley District Health Dept. (Bell, Clay, Harlan, Jackson and Rockcastle) Manchester Square Shopping Ctr, Room 212 P. O. Box 158 Manchester, KY 40962 606-598-5564 FAX 606-598-6615</p> <p>Kim Coffey, RN, CLC (Rockcastle County) Breastfeeding Coordinator 606-256-2242 ext. 137; FAX 606-256-5482</p>	<p>Gateway District Health Department (Bath, Menifee, Morgan and Rowan) Gudgell Avenue P. O. Box 555 Owingsville, KY 40360 606-674-6396 FAX 606-674-3071</p> <p>Lora McKenzie-Gullett Breastfeeding Coordinator 606-674-6396 ext. 28</p>
<p>Kentucky River District Health Dept. (Knott, Lee, Leslie, Letcher, Owsley, Perry and Wolfe) 441 Gorman Hollow Road Hazard, KY 41701-2316 606-439-2361 FAX 606-439-0870</p> <p>Alice Caudill, RD, LD Breastfeeding Coordinator 606-439-2361 x 233</p>	<p>Little Sandy District Health Department (Carter and Elliott) 609 W. Main Street; P. O. Box 909 Grayson, KY 41143 606-474-4115, 474-6685 FAX 606-474-0256</p> <p>Kathy Buckner Breastfeeding Coordinator 606-474-4115</p>

D. Le Leche League

For the most up-to-date information, please see the webpage for La Leche League of Kentucky:
www.lllofky.org

London

Third Thurs., 1:00 PM
First Baptist Church

Tricia
606-862-8158



E. Pump Rentals

Able Care
537 Waller Ave.
Lexington, KY 40503
(859) 253-5353

Ashland Community Medical
2200 Winchester Avenue
Ashland, KY 41101
606-324-1101

Kings Daughters Home
Medical Equipment
3503 Winchester Avenue
Ashland, KY 41101
606-327-2988

Mayking ARH Home Care Store
P.O. Box 100
Mayking, KY 41837
606-633-1131

Medi Home Supply
8135 US 60
Ashland, KY 41102
606-928-5731

Save-Rite Home Care Inc.
1275 Master Street
Corbin, KY 40701
606-528-2515

S. Williamson ARH Home Care
306 Hospital Drive
S. Williamson, KY 41503
606-237-1733

F. Mother Nurture Portable Breastfeeding Rooms for Outdoor Use

Ashland-Boyd County Health Department
2924 Holt Street
Ashland, KY 41105-4069
606-329-9444 ext. 2236
Contact: Cathy Anderson RN, CLC, CCE

Cumberland Valley District Health Department
Rockcastle County Center
120 Richmond Street
P.O. Box 840
Mt. Vernon, KY 40456
606-256-2242 ext. 137
Contact: Kimberly Coffey, RN, CLC



G. Classes, Supplies, Sales

Classes

For prenatal, breastfeeding or childbirth classes contact your local health department or local hospital.



H. Miscellaneous

Independent Contacts:

Suellen Zornes
Boyd County Extension Office
2420 Center Street
Catlettsburg, KY 41129
606-739-5184

I. Coalitions

Kentucky River Breastfeeding Coalition

Contacts:

Alice Caudill, RD, LD
441 Gorman Hollow Road
Hazard, KY 41701
606-439-2361
Alice.Caudill@ky.gov

Jenny Williams, MA
Hazard Community College
One Community College Drive
Hazard, KY 41701
606-436-5721 ext. 73210
Jenny.Williams@kctcs.net

River Cities Breastfeeding Coalition

Contacts:

Cathy Anderson, RN, CLC, CCE
Ashland-Boyd County Health Department
2924 Holt Street
Ashland, KY 41105-4069
(606) 329-9444 ext. 2236
CatherineT.Anderson@ky.gov

Belinda Bentley, RN, IBCLC, RLC
Pike County Health Department
119 River Dr.
Pikeville, KY 41501
(606) 437-5500 ext. 334
BelindaJ.Bentley@ky.gov



Cumberland River Area Breastfeeding Coalition

Contact:

Kimberly Coffey, RN, CLC
Cumberland Valley District Health Department
Rockcastle County
120 Richmond Rd.
P.O. Box 840
Mt. Vernon, KY 40456
(606) 256-1841 ext. 137
KimCoffeyRCHD@yahoo.com

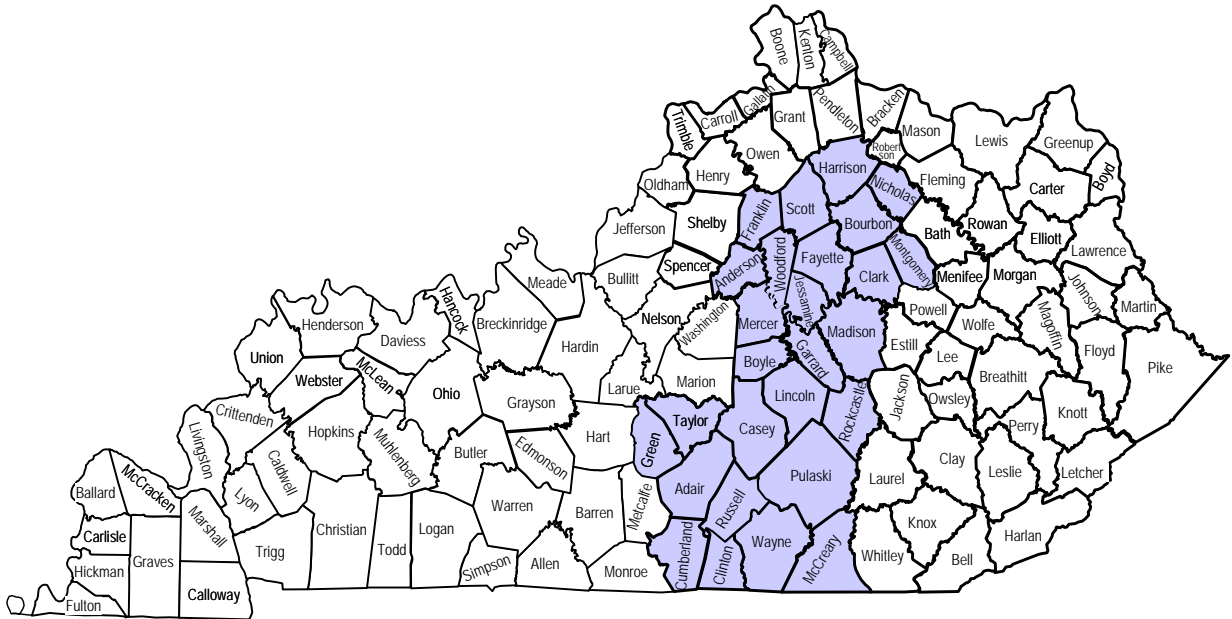
II. Central Kentucky Region

Counties include:

Adair
Anderson
Bourbon
Boyle
Casey
Clark
Clinton
Cumberland
Fayette

Franklin
Garrard
Green
Harrison
Jessamine
Lincoln
Madison
McCreary
Mercer

Montgomery
Nicholas
Pulaski
Rockcastle
Russell
Scott
Taylor
Wayne
Woodford



For information about the following topics, please refer to pages 2 – 8 in the description section of the Breastfeeding Resource Guide.

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- Certified Lactation Counselor
- La Leche League
- WIC/breastfeeding
- Breastfeeding Grantee
- Breastfeeding Peer Counselor
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- Pumps and Breastfeeding Equipment
- Pumps through the Kentucky WIC Program
- Guidelines for Providing Breast Pumps
- Policies on Renting Breast Pumps

A. International Board Certified Lactation Consultants

Mary Batt, RNC, ICBLC, RLC
Spring View Hospital
652 Bruce Street
Lebanon, KY 40033
270-692-8433

Sharon P. Clark, RNC, BSN, IBCLC, RLC
Ephraim McDowell Regional Medical Center
409 Streamland Drive
Danville, KY 40422
859-236-4907
shclark@emrmc.org

Melissa Harris, IBCLC, RLC
Clark County Health Department
400 Professional Avenue
Winchester, KY 40391
859-744-4482

Kathleen Thomas Roper, RNC, MSN, IBCLC, RLC
Central Baptist Hospital NICU
311 E. Lowry Lane
Lexington, KY 40503
859-260-6100
kroper@prodigy.net

Central Baptist Hospital Lactation Services
1740 Nicholasville Road
Lexington, KY 40503
859-260-6100
Donna Kerrick, IBCLC, RLC
Robin McGuire, IBCLC, RLC

Gaye Whalen, RN, MSN, IBCLC, RLC
University of Kentucky Children's Hospital
859-323-4880
mqwhal12@email.uky.edu

Doraine Bailey, MA, IBCLC, RLC
Lexington-Fayette County Health Dept
650 Newtown Pike
Lexington, KY 40508-1197
859-288-2348
dorainef.bailey@ky.gov

Betty Grigsby, RNC, IBCLC, RLC
St. Joseph Hospital East
150 N. Eagle Creek Drive
Lexington, KY 40509
859-967-5272

Lynne R. Humkey, RN, IBCLC, RLC
Bluegrass Lactation Consulting & UK
121 Elkhorn Bend Drive
Midway, KY 40367
859-422-6667
Lhumkeyblc@aol.com

Denise Russell, BSN, MHA, IBCLC, RLC
Lexington OB/GYN Associates
1760 Nicholasville Road, Suite 401
Lexington, KY 40503
859-278-0396
dmruss0@aol.com

Debra A. Dale, RN, IBCLC, RLC
Pattie A. Clay Regional Medical Center
P. O. Box 1600
Eastern Bypass
Richmond, KY 40476-2603
Attn: Debra Dale, Newborn Nursery



B. WIC Breastfeeding Grantees

Doraine Bailey, MA, IBCLC, RLC
Lexington Fayette County Health Department
650 Newtown Pike
Lexington, KY 40508-1197
859-288-2348
FAX 859-252-0292

doraine.bailey@ky.gov

Kimberly Coffey, RN, CLC
Cumberland Valley District Health Department
Rockcastle County Center
120 Richmond Street
P.O. Box 840
Mt. Vernon, KY 40456
606-256-2242, ext. 137

KimCoffeyRCHD@yahoo.com



C. Local Health Departments/WIC

Anderson County Health Department 208 South Main Lawrenceburg, KY 40342 502-839-4551 FAX 502-839-8099	Bourbon County Health Department 341 East Main Street Paris, KY 40361 859-987-1915 FAX 859-987-3230
Kristie Mahl, RD, LD Breastfeeding Coordinator 502-839-4551	Cyndi Steele Breastfeeding Coordinator 859-987-1915
Boyle County Health Department 448 South Third Street P. O. Box 398 Danville, KY 40422-0398 859-236-2053 FAX 859-236-2863	Clark County Health Department 400 Professional Avenue Winchester, KY 40391 859-744-4482 FAX 859-737-2426
Amy Gammon Breastfeeding Coordinator 859-236-2053	Melissa Harris, IBCLC, RLC Breastfeeding Coordinator 859-744-4482
Lexington-Fayette County Health Department 650 Newtown Pike Lexington, KY 40508-1197 859-252-2371 FAX 859-252-0292	Franklin County Health Department 100 Glenns Creek Road Frankfort, KY 40601 502-564-7647 or 564-4269 FAX 502-564-9640
Doraine Bailey, MA, IBCLC, RLC Breastfeeding Coordinator 859-288-2348	Lori Williams, RD, LD Breastfeeding Coordinator 502-564-7647
Garrard County Health Department 89 Farra Drive Lancaster, KY 40444 859-792-2153 FAX 859-792-4719	Jessamine County Health Department 215 E. Maple Street Nicholasville, KY 40356 859-885-4149 FAX 859-885-1863
Ann Stevens, RD, LD Breastfeeding Coordinator 859-792-2153 ext. 107	Jean Beaty, RN Breastfeeding Coordinator 859-885-4149
Lincoln County Health Department 44 Health Way, P. O. Box 165 Stanford, KY 40484 606-365-3106 FAX 606-365-1640	Madison County Health Department 214 Boggs Lane, P.O. Box 1208 Richmond, KY 40476-1208 859-623-7312 FAX 859-626-4298
Sherrell Disney Breastfeeding Coordinator 606-365-3106 ext. 27	Faye White Breastfeeding Coordinator 859-626-4237

C. Local Health Departments/WIC (continued)

Mercer County Health Department
900 North College Street
Harrodsburg, KY 40330
859-734-4522
FAX 859-734-0568

Montgomery County Health Department
117 Civic Center
Mt. Sterling, KY 40353
859-498-3808
FAX 859-498-9082

Kathy Crown-Weber, RD, LD
Breastfeeding Coordinator
859-734-4522 ext. 145

Regina Harrison, RD, LD
Breastfeeding Coordinator
859-498-3808 ext. 224

Rockcastle County Health Center
120 Richmond Street
P. O. Box 840
Mt. Vernon, KY 40456
606-256-2242

Woodford County Health Department
229 North Main Street
Versailles, KY 40383
859-873-4541
FAX 859-873-7238

Kim Coffey, RN, CLC
Breastfeeding Coordinator
606-256-2242 ext. 137

Edie Flora, RN
Breastfeeding Coordinator
859-873-4541

Lake Cumberland District Health Dept.
(Adair, Casey, Clinton, Cumberland,
Green, McCreary, Pulaski, Russell,
Taylor, Wayne)
500 Bourne Avenue
Somerset, KY 42501
606-678-4761
FAX 606-678-2708

WEDCO District Health Department
(Harrison, Nicholas and Scott)
Harrison Square Shopping Center
P.O. Box 218
Cynthiana, KY 41031
859-234-8750
FAX 859-234-0054

Kennetha McGuire
Breastfeeding Coordinator
606-678-4761

Janie Whitehead, RN
Breastfeeding Coordinator
859-234-8750 x35



D. Le Leche League

For the most up-to-date information, please see the webpage for La Leche League of Kentucky:
www.lllofky.org

Berea
(Madison Co.)

First Wed., 7 pm
Berea Public Library

Carrie
606-965-2549
otterson@prtcnet.org

Georgetown
(Scott Co.)

First Thurs., 6:30 pm
Georgetown Comm. Hospital
Dining Area

Karen
502-863-7481
Colleen
502-867-9805
Lalechmomto4@yahoo.com

Lexington
(Fayette Co.)

Second Tues., 7:30p.m.
Baby Moon
2891 Richmond Rd
Suite 103

Anisa
859-268-8628
Rebekah
859-523-2141



E. Pump Rentals

Able Care
1171 Lexington Road
PO Box 1507
Georgetown, KY 40324
502-868-8844

MedShoppe Medical
930 S. Main Street
Nicholasville, KY 40356
859-887-2841

Able Care
537 Waller Ave.
Lexington, KY 40503
(859) 253-5353

Medsource
326 West Walnut Street
Danville, KY 40422
859-239-1691

Momma Bares
73 C. Michael Davenport Blvd.
Suite 1
Frankfort, KY 40601
502-875-6400

VDK Turning Point
160 N Eagle Creek Dr.
Suite 100
Lexington, KY 40509
(859) 263-8857

www.MOMMABares.com

Medicine Shoppe Homecare
662 East Main Street
Frankfort, KY 40602
502-223-2827



F. Mother Nurture Portable Breastfeeding Rooms for Outdoor Use

Cumberland Valley District Health Department
Rockcastle County Center
120 Richmond Street
P.O. Box 840
Mt. Vernon, KY 40456
606-256-1841, ext. 137
Contact: Kimberly Coffey



G. Coalitions

Kentuckiana Lactation Improvement Coalition (KLIC)
c/o Doraine Bailey
859-288-2348

H. Classes, Supplies, and Sales

Classes:

For prenatal, breastfeeding or childbirth classes contact your local health department or local hospital.

Breastfeeding Classes – Other

Baby Moon
2891 Richmond Road, Suite 103
Lexington, KY
859-420-6262

Momma Bares
73 C Michael Davenport Dr. Suite 1
Frankfort, KY 40601
502-875-6400
www.mommabares.com

Breastfeeding Classes – Health Departments

Clark County Health Department
Melissa Harris, IBCLC, RLC
859-744-4482

Montgomery County Health Department
Regina Harrison, MS, RD, LD
859-498-3808

Prenatal Breastfeeding Classes

University of Kentucky Medical Center
859-257-5168

Central Baptist Hospital
859-260-6433

St. Joseph Hospital East
859-268-3765

Supplies:

Able Care
537 Waller Avenue
Lexington, KY 40503
859-253-5353

Babies R Us
1965 Star Shoot Parkway
Lexington, KY 40509
859-263-8598

Burlington Coat Factory “Baby Depot”
2909 Richmond Road
Lexington, KY 40509
859-268-2905

Momma Bares
73 C Michael Davenport Dr. Suite 1
Frankfort, KY 40601
(502) 875-6400
www.mommabares.com

Target
1940 Pavilion Way
Lexington, KY 40509
859-263-7448

Target
3275 Nicholasville Road
Lexington, KY 40517
859-253-5353

Toys R Us
South Park Shopping Center
3220 Nicholasville Road
Lexington, KY 40517
859-271-6374

VDK Turning Point
160 N. Eagle Creek Drive
Suite 100
Lexington, KY 40509
859-263-8857

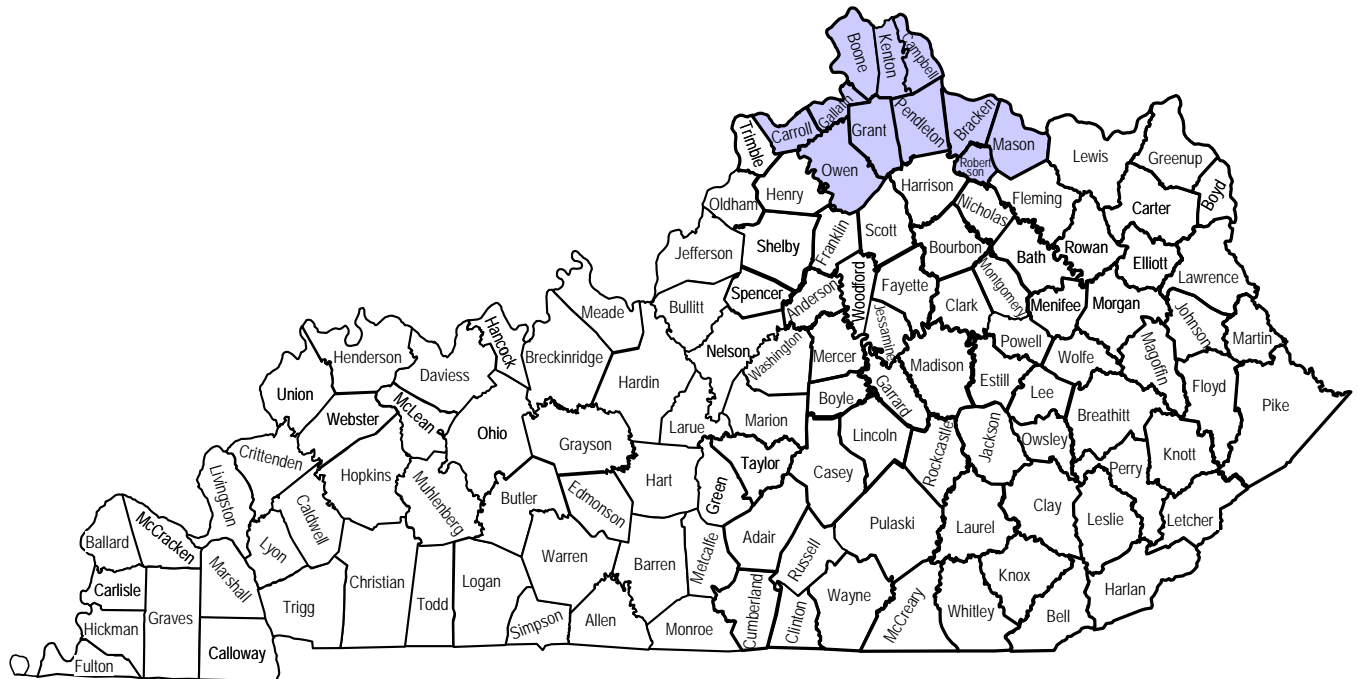
III. Northern Kentucky Region

Counties include:

**Boone
Bracken
Carroll
Campbell**

**Gallatin
Grant
Kenton
Mason**

**Owen
Pendleton
Robertson**



For information about the following topics, please refer to pages 2 – 8 in the description section of the Breastfeeding Resource Guide.

- International Board Certified Lactation Consultant
- Certified Lactation Counselor
- La Leche League
- WIC/breastfeeding
- Breastfeeding Grantee
- Breastfeeding Peer Counselor
- UK Cooperative Extension Service(CES)/Expanded Food and Nutrition Education Program (EFNEP)/Food Stamp Nutrition Education (FSNE)
- Pumps and Breastfeeding Equipment
- Pumps through the Kentucky WIC Program
- Guidelines for Providing Breast Pumps
- Policies on Renting Breast Pumps

A. International Board Certified Lactation Consultants

Helen L. Curless, RN, CCE, IBCLC, RLC
The St. Luke Hospitals
Fort Thomas, KY 41075
and Florence, KY 41042
859-572-3197
Curlesh@healthall.com

Bethany Hanser, ICCE, IBCLC, RLC
Motherhood Express-Breastfeeding Center
7000 Houston Rd-Building 200 Suite 19
Florence, KY 4104
859-746-2460
motherexp@aol.com

Mary Margaret Mast, RN, IBCLC, RLC
St. Elizabeth Medical Center
613 Oakridge Drive
Edgewood, KY 41017
859-331-2907
MargaretMast@fuse.net

Deborah Simpson, RN, IBCLC, RLC
St. Elizabeth Medical Center
One Medical Village Drive
Edgewood, KY 41017
859-824-5595

Three Rivers District Health Department
329 Hwy. 330 West
Falmouth, KY 41040
859-654-6985

Linda Wallace, RN, IBCLC, RLC
St. Luke Hospital East & West
311 KY 36 West
Williamstown, KY 41097
859-824-0364

Brandi-Lin Woodruff, IBCLC/CLE, LLLL, RLC
The Breastfeeding Center of Northern Ky
6022 Cardine Williams Way
Burlington, KY 41005
859-586-0702
BrandiLinn@aol.com



B. WIC Breastfeeding Grantees

Tammy Reed, RN, IBCLC, RLC
Three Rivers District Health Department
Pendleton County
329 Hwy 330 West
Falmouth, KY 41040
859-654-6985
TamelaE.Reed@ky.gov



C. Local Health Departments/WIC

Bracken County Health Department
429 Frankfort Street
P.O. Box 117
Brooksville, KY 41004-0117
606-735-2157
FAX 606-735-2159

Donna Teagarden
Breastfeeding Coordinator
606-735-2157

Buffalo Trace District Health Department
(Mason and Robertson)
120 West Third Street
P.O. Box 70
Maysville, KY 41056
606-564-9447
FAX 606-564-4483

Bridget Lykins, RD, LD
Breastfeeding Coordinator
606-564-9447 ext. 112

Northern Kentucky Independent District
Health Department
(Boone, Campbell, Grant and Kenton)
610 Medical Village Drive
Edgewood, KY 41017
859-341-4264
FAX 859-578-3689

Patricia Greene, RD, LD, CLC
Breastfeeding Coordinator
859-363-2061 ext. 2319

Three Rivers District Health Department
(Carroll, Gallatin, Owen and Pendleton)
North Main Park
510 S. Main Street
Owenton, KY 40359-1409
502-484-3412 & 564-3238
FAX 502-484-0864

Tamela Reed, RN, IBCLC, RLC
(Pendleton County)
Breastfeeding Coordinator
859-654-4725

D. La Leche League

For the most up-to-date information, please see the webpage for La Leche League of Kentucky:
www.lllofky.org

Highland (Campbell Co.)	Second Tues., 7:00 PM St. Paul United Methodist Church Corner of Bardstown Rd. and Douglass Blvd.	Jacqui 502-964-5157 Maria 502-897-6429
Edgewood (Kenton Co.)	Second Thurs., 10:00 am St. Elizabeth Hospital South	Carrie 859-689-0101 Carmen 859-363-9696 Elizabeth 859-344-9961 Ingrid 859-426-0457 Rhonda 859-824-5179 Emily 859-578-8664
Florence (Boone Co.)	Second Sat., 10:00 am St. Luke's Hospital West	Brandi-Lin 859-586-0702



E. Pump Rentals

Burlington Health Care
2510 Burlington Pike
Burlington, KY 41005
859-586-6700

Crestview Drugs
2446 Anderson Road
Crescent Springs, KY
859-341-1660

Martin's Pharmacy
3800 Alexandria Pike
Cold Springs, KY
859-441-5181

Motherhood Express
7024 Houston Road
Building 200, Suite 19
Florence, KY 41014
859-746-2460



F. Mother Nurture Portable Breastfeeding Rooms for Outdoor Events

Three Rivers District Health Department
Pendleton County
329 Hwy 330 West
Falmouth, KY 41040
859-654-4725



G. General

For prenatal, breastfeeding or childbirth classes contact your local health department or local hospital.

Breastfeeding Classes:

Boone County Health Department
Contact:
859-363-2060

Campbell County Health Department
Contact: Tracy Browe, RD, LD
859-431-1704

Grant County Health Department
Contact: Leslie Duckworth, RD, LD
859-824-5074
4th or 5th Monday of month at 1:15 p.m.

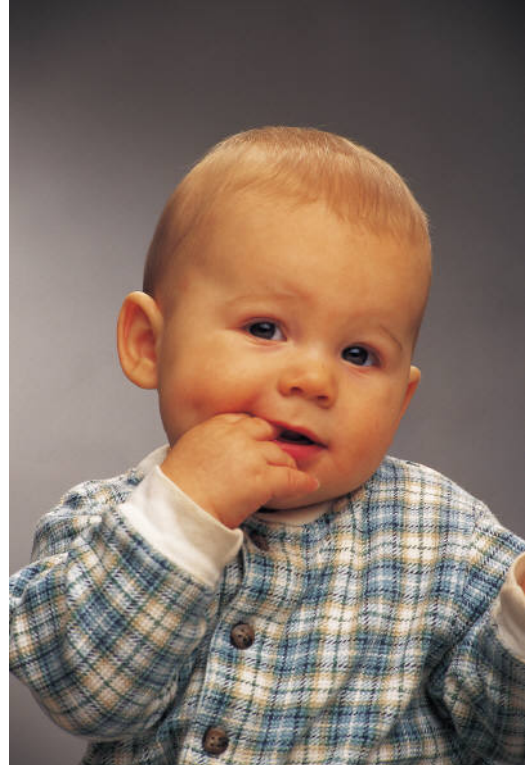
Kenton County Health Department
Contact: Holly Beck, RD, LD, CLC
859-431-3345
first Thursday of month at 2:30 p.m.

Three Rivers District Health Department
Offers classes one time per quarter

St. Luke Hospitals
Offers classes one time per month

St. Elizabeth Hospitals
Offers classes one to three times per month

Meadowview Hospital
Maysville
Offers classes



H. Miscellaneous

Baby Friendly Hospitals

St. Elizabeth Medical Center South Unit
One Medical Village Drive
Edgewood, KY 41017

North Unit
401 E. 20th Street
Covington, KY 41014

Grant County
238 Barnes Road
Williamstown, KY 41097

The Baby Friendly Hospital Initiative is a global program developed by the World Health Organization and UNICEF (the United Nations Children's Fund). It is based on the Ten Steps to Successful Breastfeeding. This prestigious national award recognizes birth facilities that offer breastfeeding mothers the information, confidence and skills needed to successfully initiate and continue breastfeeding their babies.

For more information: www.stelizabeth.com

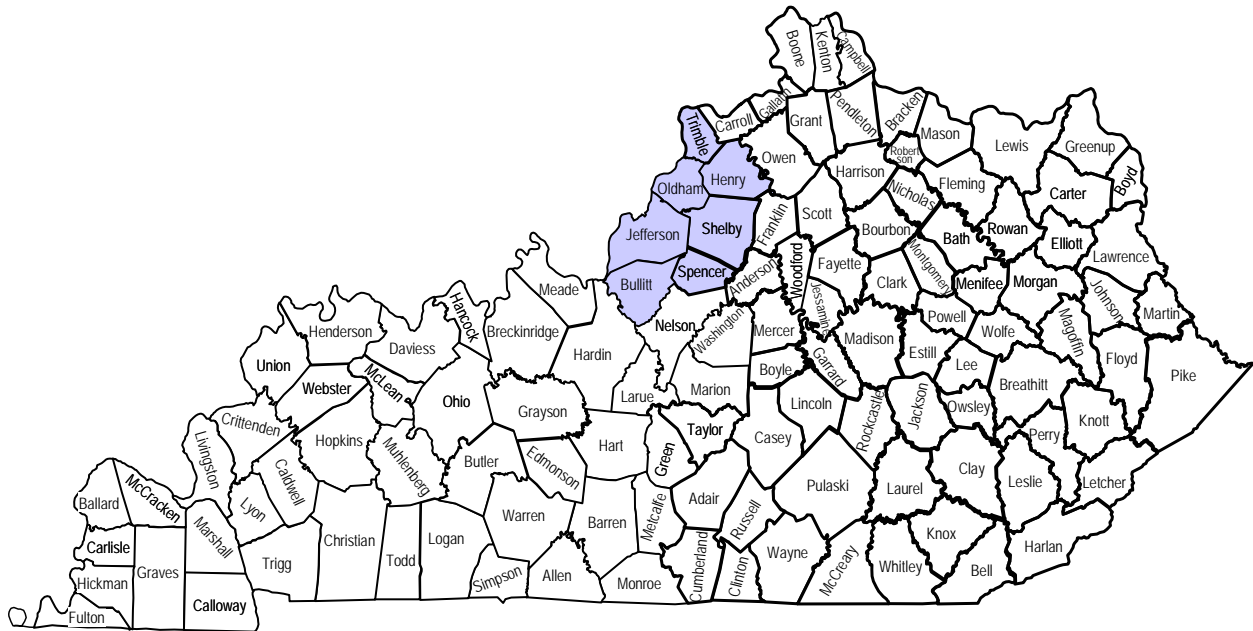
IV. Louisville Area

Counties include:

**Bullitt
Henry
Jefferson**

**Oldham
Shelby**

**Spencer
Trimble**



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- International Board Certified Lactation Consultant
- Certified Lactation Counselor
- La Leche League
- WIC/breastfeeding
- Breastfeeding Grantee
- Breastfeeding Peer Counselor
- UK Cooperative Extension Service(CES)/Expanded Food and Nutrition Education Program (EFNEP)/Food Stamp Nutrition Education (FSNE)
- Pumps and Breastfeeding Equipment
- Pumps through the Kentucky WIC Program
- Guidelines for Providing Breast Pumps
- Policies on Renting Breast Pumps

A. International Board Certified Lactation Consultants

Karen Aubery, RN, IBCLC, RLC
Lisa Hughes, RN, IBCLC, RLC
Melissa LaMaster, RN, IBCLC, RLC
Tina Martin RN, IBCLC, RLC
Chris Percefull RN, IBCLC, RLC
Charissa Shea RN, IBCLC, RLC
Baptist Hospital East
4000 Kresge Way
Louisville 40207
502-897-8100

Melissa Wilson, RN, IBCLC, RLC
The Best Kids
217 Breckenridge Lane
Louisville, KY 40207
502-895-9421

Breastfeeding Network
2223 Winston Avenue
Louisville, KY 40205
502-458-5215

Andrea L. Denbow, BSN, ICCE, IBCLC, RLC
Cherie Stock, RN, IBCLC, RLC
Clark Memorial Hospital
Breast Feeding Center
1220 Missouri Avenue
Jeffersonville, IN 47130
812-283-2901

Beverly Glaser, RN, IBCLC, RLC
Mary Jean Berdy, BSN, RNC, IBCLC, RLC
Floyd Memorial Hospital
1850 State Street
New Albany, IN 47150
812-949-5654

Joanne Sandusky, RN, IBCLC, RLC
Lact-Assist
1714 Harvard Drive
Louisville, KY 40205
502-458-4266

Barbara Ruedel, RD, LD, IBCLC, RLC
Louisville-Jefferson Metro Health Department
400 East Gray Street
Louisville, KY 40202
502-574-5279

Jena Booker, RN, IBCLC, RLC
**Norton-Kosair Children's
Hospital/NICU/3N**
P. O. Box 35070
Louisville, KY 40232-5070
502-629-5901

Cheryl Brown, RN, IBCLC, RLC
Melissa Wilson, RN, IBCLC, RLC
Bonnie Reed, CD (DONA), IBCLC, RLC
The Nursing Station, Inc.
1009-B DuPont Square North
Louisville, KY 40207
502-721-7727

Debbie Moses, RN, IBCLC, RLC
Tina Martin, LPN, IBCLC, RLC
Charissa Shea, RN, IBCLC, RLC
Norton Suburban Hospital
8005 Amity Lane
Louisville, KY 40220
502-491-1560

Barbara Koenig, RN, IBCLC, RLC
Partners In Women's Health
3940 Dupont Circle
Louisville, KY 40207
502-895-1111

Melissa La Master, RN, IBCLC, RLC
Total Woman
Suburban Medical Plaza 3
Suite 500
4001 Dutchman's Lane
Louisville, KY 40207
502-894-9494

Cindy Klausing, RN, IBCLC, RLC
University of Louisville Hospital
530 S. Jackson Street
Louisville, KY 40202
502-562-6081

Mary Anne Ray, RN, IBCLC, RLC
Mary Schroder, RN, IBCLC, RLC
**Women's Pavillion, Norton's Hospital
Downtown**
200 East Chestnut Street
Louisville, KY 40207
502-629-7274

B. WIC Breastfeeding Grantees

Barbara Ruedel, RD, LD, IBCLC, RLC
Louisville-Jefferson Metro Health Department
400 East Gray Street
Louisville, KY 40202
502-574-5279

Barbara.ruedel@loukymetro.org



C. Local Health Departments/WIC

Bullitt County Health Department
181 Lees Valley Road
P. O. Box 278
Shepherdsville, KY 40165
502-543-2415, 502-955-7837
FAX 502-542-2998

Debra Lentz, RD, LD
Breastfeeding Coordinator
502-543-2415 ext. 121

Children and Youth Project
University of Louisville
Dept. of Pediatrics
School of Medicine
Health Sciences Center
555 S. Floyd Street
Louisville, KY 40202
502-852-5316
FAX 502-852-6643

Shalaka Gupte
Breastfeeding Coordinator
502-852-8545

Louisville Metro Health Department
400 East Gray Street
P. O. Box 1704
Louisville, KY 40202
502-574-6676

Barbara Ruedel, RD, LD, IBCLC, RLC
Breastfeeding Coordinator
502-574-5279
barbara.ruedel@loukymetro.org

Oldham County Health Department
1786 Commerce Parkway
LaGrange, KY 40031
502-222-3516
FAX 502-222-0816

Debra Lentz, RD, LD
Breastfeeding Coordinator
502-222-3516 ext. 28

Park DuValle Community Center
3015 Wilson Avenue
Louisville, KY 40211
502-774-4401
FAX 502-775-6195

Cora Billingslea
Breastfeeding Coordinator
502-774-4401 ext. 1212

North Central District Health Dept.
(Henry, Shelby, Spencer and Trimble)
25 Village Plaza
Shelbyville, KY 40065
502-633-1243
FAX 502-633-7658

Linda Schweiss
Breastfeeding Coordinator
Henry County
502-845-2882 ext. 15

D. Le Leche League

For the most up-to-date information, please see the webpage for La Leche League of Kentucky:
www.llofky.org

La Leche League of Louisville, Kentucky and Vicinity
(includes Southern Indiana)

Fern Creek (Jefferson Co.)	Second Thursday pm	Rosanne 502-363-9945
Louisville East (Jefferson Co.)	Third Wednesday am	Ginny 502-458-0309 Rhonda 502-228-5324
Highlands (Jefferson Co.)	First Tuesday pm	Jacqui 502-964-5157 Judy 502-895-4282 Julie 502-326-3990 Wendey 812-923-6959 Maria 502-897-6429
Okolona/Bullitt	Second Monday pm	Liz 502-955-8085
Southern Indiana	Third Monday	Mary Ann 812-288-9006
Louisville Toddler Group		Ardie 502-222-2886 Ginny 502-458-0309
Highland Toddler Group		Jacqui 502-964-5157 Maria 502-897-6429
Oldham County	Phone Help Only	Ardie 502-222-2886 Mary Carmel 502-222-0335

E. Local Breastpump Rental and Sales – Kentuckiana Area 2005

Babies R Us - Sales only

4623 Shelbyville Rd, Louisville, KY 40207
502-896-9994

Breastfeeding Center - Sales and Rentals

Clark Memorial Hospital
1220 Missouri Ave, Jeffersonville, IN 47130
812-283-2901

Breastfeeding Network - Sales and Rentals (Delivery available)

2223 Winston Ave, Louisville, KY 40205
502-458-5215

Burlington Coat Factory - Sales Only

12975 Shelbyville Rd, Louisville, KY 40243
502-489-5535

Community Home Medical - Rentals (Passport only)

1512 Crums Ln Suite 308, Louisville, KY 40216
502-896-8320

Informed Choices- Sales

7507 Stone Brook Dr, Louisville, KY 40291
502-762-9980

Lact-Assist - Sales and Rentals

1714 Harvard Dr, Louisville, KY 40205
502-458-4266

Mommy's Express – Sales only

508 Wickfield Dr, Louisville, KY 40245
502-245-4838

Spaid Lactation Program – Sales and Rentals (Delivery available)

Watterson Towers
1941 Bishops Ln Suite 102, Louisville, KY 40207
502-637-5474

Stevens Drugs - Rentals only

4200 Shelbyville Rd, Louisville, KY 40207
502-895-5446

The Nursing Station - Sales and Rentals

1009B Dupont Square N, Louisville, KY
502-721-7727

Total Woman - Sales only

6400 Dutchmans Pkwy, Louisville, KY 40205
502-894-9494

F. Kentucky State Fair

The Louisville Metro Health Department initiated the Rock N' Relax project in 1991. It has been a continued undertaking each year at the Kentucky State Fair. This project was undertaken to heighten awareness of the health benefit of breastfeeding while providing mothers with a private place to feed, change and rock their babies.

The project is co-sponsored by *Baptist Hospital East*, who provides the financial support of approximately \$3000.00 per year. *Babies R Us* loans us new glider rockers to use in our rocking area each year. The staffing is provided by personnel from local health departments, state health department and Baptist East with approximately 50 volunteers putting in approximately 335 hours.



G. Breastfeeding Classes

Louisville Metro Health Department
Free Monthly Classes – location and times vary
Call Barbara Ruedel for Dates, Times, and Registration
502-574-6676

Baptist Hospital East
Free Classes Available – Call for Dates, Times and Registration
502-897-8131

Norton Suburban Hospital
Classes Available – Several times per Month \$10.00
502-629-1234 Class schedule - nortonhealthcare.com

Women's Pavilion, Norton
Classes Available - 2nd Monday of the Month \$10.00
502-629-1234 Class schedule – nortonhealthcare.com

University of Louisville Hospital
Free Classes Available – Call for Dates, Times and Registration
502-562-6081 Cyndi Klausing

Babies R Us
Free Monthly classes - Call for Dates, Times and Registration
502-896-9994 ext. 4

Park DuValle Community Health Center
Classes Available – Call for Dates, Times and Registration
Call 502-774-4401

Floyd Memorial Hospital
2005 Schedule - Feb. 17, May 19, Aug. 18, Dec. 1
Register – 1-800-4SOURCE Classes are Free

Clark Co. Memorial Hospital
Free Monthly classes - Call for Dates, Times and Registration
812-283-2045



H. Coalitions

Kentucky Lactation Improvement Coalition
c/o Barbara Ruedel
502-574-5279

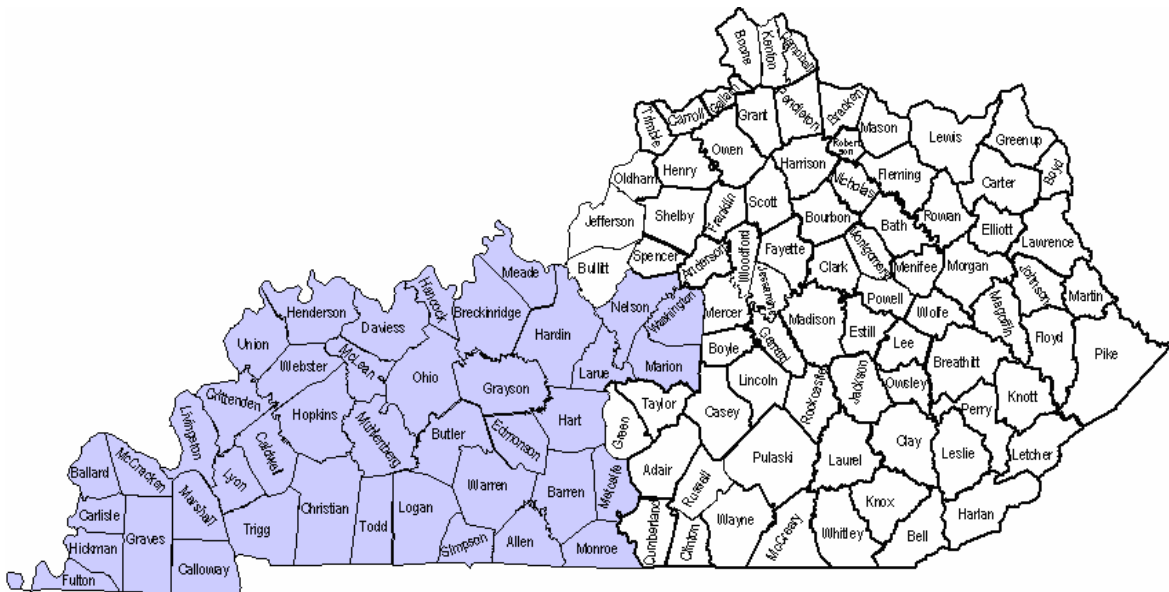
V. Western Kentucky Region

Counties include:

Allen
Ballard
Barren
Breckinridge
Butler
Caldwell
Calloway
Carlisle
Christian
Daviss
Edmonson
Fulton
Grayson
Graves

Hancock
Hardin
Hart
Henderson
Hickman
Hopkins
Larue
Livingston
Logan
Lyon
Marion
Marshall
McCracken
McLean

Meade
Metcalfe
Monroe
Muhlenberg
Nelson
Ohio
Simpson
Trigg
Union
Warren
Washington
Webster



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- WIC/breastfeeding
- Breastfeeding Grantee
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- Pumps through the Kentucky WIC Program
- Guidelines for Providing Breast Pumps
- Policies on Renting Breast Pumps

A. International Board Certified Lactation Consultants

Cynthia Brooks, LPN, IBCLC, RLC
T. J. Samson Community Hospital
706 Bishop Road
Glasgow, KY 42141
270-651-4295

Susan H. Brown,
RN, ICCE, IBCLC, RLC
Barren River District Health Dept
1109 State Street
Bowling Green, KY 42102
270-781-8039 ext. 181
SusanH.Brown@ky.gov

Shelia Catlett,
RN, BSN, IBCLC, LCCE, RLC
T. J. Samson Community Hospital
1532 Wind Ridge
Bowling Green, KY 42104
270-796-6125
shelia1532@aol.com

Vicky Cummins, RN, IBCLC, RLC
Women's Services Educator
Owensboro Medical Health Systems
811 East Parrish Avenue
Owensboro, KY 42303
270-688-3068
vcummins@omhs.org

Debbie Cornwell, RN, IBCLC
Western Baptist Hospital
2501 Kentucky Avenue
Paducah, KY 42003
270-575-2254

Connie Dickson, RN, IBCLC
Medical Center @ Bowling Green
250 Park Street
Bowling Green, KY 42101
270-796-2495

Brandee Foster, RN, IBCLC, RLC
941 Gamble Lane
Nortonville, KY 42442
270-676-3262
mothersjoy1@yahoo.com

Martha E. Gregory, RN, IBCLC, RLC
Western Baptist Hospital
2501 Kentucky Avenue
Paducah, KY 42003
270-575-2254
mgregor1@bhsi.com

Sandra G. Grimsley, RN, IBCLC, RLC
Green River District Health Dept
1600 Breckenridge Street
Owensboro, KY 42303
270-852-5472
Sgrims6277@msn.com

Beth James, RN, IBCLC (HANDS)
Warren County Health Department
1109 State St
Bowling Green, KY 42102
270-781-2490 x297

H. Lynn Johnson, RN, IBCLC, RLC
Lactation Consultant
Owensboro Medical Health System
Newlife Birthing Center
811 East Parrish Ave.
Owensboro, KY 42303
270-688-3062
hjohnson@omhs.org

Jane Lash,
RN, IBCLC, CD(DONA), CCE, RLC
Greenview Regional Hospital
1801 Ashley Circle
Bowling Green, KY 42104
270-793-5231
jane.lash@hcahealthcare.com

Leigh Lindsey, RN
2925 Cheyenne Drive
Bowling Green, KY 42104
270-393-9413

Joyce Noe, RN, IBCLC, RLC
P.O. Box 10 Nashville Street
Russellville, KY 42276
270-725-4697
joyce.noe@lpnt.net

Sue Ellen Ragsdale, RN, IBCLC
Lourdes Hospital
1530 Lone Oak Rd
Paducah, KY 42003
sragdale@lourdes-pad.org

Bonnie Reed,
CD (DONA), IBCLC, RLC
Logan Memorial Hospital
1925 Cedar Ridge Road
Bowling Green, KY 42101
270-791-2163, 270-843-5566
bonniereed@insightbb.com

Jenny M. Rush, RN, IBCLC, RLC
Jennie Stuart Medical Center
3440 Hermitage Drive
Hopkinsville, KY 42240
270-885-2888 or 270-887-8707
rushjenny@yahoo.com

Martia York, RN, IBCLC, RLC
Marshall County Health Dept
307 East 12th Street
Benton, KY 42025
270-527-5824
MartiaG.York@ky.gov

Methodist Hospital
1305 North Elm Street
Henderson, KY 42420
270-831-7953



B. WIC Breastfeeding Grantees

Merritt Bates Thomas, RD, LD, CLC
Green River District Health Department
1501 Breckinridge
P. O. Box 309
Owensboro, KY 42303-0309
270-852-5561

Merritt.Thomas@grdhd.org

Dana O'Meallie, RD, LD, CLC
Allen County Health Department
207 E. Locust Street
P. O. Box 129
Scottsville, KY 42164
(270) 237-4423

Dana.O'Meallie@ky.gov

Michele Burton, RD, LD, CLC
Purchase District Health Department
916 Kentucky Avenue
P. O. Box 2597
Paducah, KY 42004-2597
(270) 444-9631 x158

Michele.Burton@ky.gov



C. Local Health Departments/WIC Breastfeeding Contact List

Allen County Health Department
207 East Locust Street
P.O. Box 129
Scottsville, KY 42164
270-237-4423
FAX 270-237-4777

Dana O'Meallie, RD, LD, CLC
Breastfeeding Coordinator
270-237-4423

Christian County Health Department
1700 Canton Street
P.O. Box 647
Hopkinsville, KY 42240-0647
270-887-4160
FAX 270-887-4165

Kim Cloyd, M.Ed, RD, LD
Breastfeeding Coordinator
270-887-4160

Marshall County Health Department
307 East 12th Street
P.O. Box 607
Benton, KY 42025
270-527-1496
FAX 270-527-5321

Martia York, RN, IBCLC, RLC
Breastfeeding Coordinator
270-527-1496 x24

Muhlenberg County Health Department
105 Legion Drive
P. O. Box 148
Central City, KY 42330
270-754-3200
FAX 270-754-1947

Diann Davis, RN
Breastfeeding Coordinator
270-754-3200

Breckinridge County Health Department
105 W. Second Street
P.O. Box 456
Hardinsburg, KY 40143
270-756-5121
FAX 270-756-9090

Mary Basham, RN
Breastfeeding Coordinator
270-756-5121

Hopkins County Health Department
412 North Kentucky Avenue
P.O. Box 1266
Madisonville, KY 42431
270-821-5242
FAX 270-825-0138

Kathy Carlisle
Breastfeeding Coordinator
270-821-5242 x254

Monroe County Health Department
452 E. 4th Street
P.O. Box 247
Tompkinsville, KY 42167
270-487-6782
Fax 270-487-5457

Dyshel Thompson
Breastfeeding Coordinator
270-487-6782

Todd County Health Department
205 McReynolds Drive
P. O. Box 305
Elkton, KY 42220
270-265-2362
FAX 270-265-0602

Theresa Stevens, RN
Breastfeeding Coordinator
270-265-2362



D. District Health Departments/WIC (cont.)

Barren River District Health Department
(Barren, Butler, Edmonson, Hart, Logan,
Metcalfe, Simpson, Warren)
1109 State Street
P.O. Box 1157
Bowling Green, KY 42102-1157
270-781-8039 x161
FAX 270-796-8946

Bonnie Holt, RD, LD
Breastfeeding Coordinator
270-781-8039 x173

Lincoln Trail District Health Department
(Grayson, Hardin, Larue, Marion, Meade,
Nelson, Washington)
1222 Woodland Avenue
P.O. Box 2609
Elizabethtown, KY 42702
270-769-1601
FAX 270-765-7274

Terry Miller, RN
Breastfeeding Coordinator
270-769-1601 x140

Purchase District Health Department
(Ballard, Calloway, Carlisle, Fulton,
Graves, Hickman and McCracken)
916 Kentucky Avenue
P.O. Box 2357
Paducah, KY 42002-2357
270-444-9625
FAX 270-575-5458

Michele Burton, RD, LD, CLC
Breastfeeding Coordinator
270-444-9631

Green River District Health Department
(Daviess, Hancock, Henderson, McLean,
Ohio, Union, Webster)
1501 Breckinridge
P. O. Box 309
Owensboro, KY 42302
270-686-7747
FAX 270-926-9862

Merritt Bates Thomas, RD, LD, CLC
Breastfeeding Coordinator
270-852-5561

Pennyryle District Health Department
(Caldwell, Crittenden, Livingston, Lyon,
Trigg)
211 W. Fairview Avenue
P.O. Box 579
Eddyville, KY 42038
270-388-9747
FAX 270-388-7749

Kim Jackson, ARNP
Breastfeeding Coordinator
270-388-9763



E. La Leche Leagues

For the most up-to-date information, please see the webpage for La Leche League of Kentucky:
www.llofky.org

La Leche League of Bowling Green

Bowling Green, KY (Warren County)	Second Tues., 7:00 pm Barnes & Noble 1680 Campbell Lane Community Room	Robin 270-586-7190 Adrian (Se habla español) 270-598-0744 Mary 270-781-3229 Anita 270-361-2718
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LaLeche League of Hopkinsville, Kentucky to Clarksville, Tennessee

Clarksville, TN	Third Wed., 10:00 am Clarksville Montgomery Co Public Library 350 Pageant Lane	Sara 931-439-2723 Gini 931-906-8946
Ft. Campbell (Christian County)	First Wed., 7:00 pm Blanchfield Army Community Hospital Classroom #1	Sara 931-439-2723 Gini 931-906-8946

La Leche League of Owensboro, Kentucky

Owensboro (Daviess Co.)	Call for more information	Dawn 270-729-4398
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La Leche League of Paducah, Kentucky

Paducah (McCracken Co.)	Monthly Meetings Lourdes Medical Pavilion – Suite 404	Lynette 270-534-0512
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F. Pump Rentals

A Mother's Touch
Greenview Regional Hospital
1801 Ashley Circle
Bowling Green, KY 42104
270-793-5231

Columbia Medical Equipment
2991 Campbellsville Road
Columbia, KY
270-384-5143

Danhauer Drugs
330 Frederica Street
Owensboro, KY 42301
270-684-2341

Apria Healthcare
1051 Bryant Way
Bowling Green, KY 42104
270-781-2787

Option Care
1111 N. Dixie Hwy., Suite 14
Elizabethtown, KY 42701
270-763-0203

Mother's Best
2227 Broadway
Paducah, KY 42001
270-443-9333

Medequip
403 31 W Bypass
Bowling Green, KY 42101
877-671-0064
270-393-8802

Vann Health Care Svc.
Pharmacy
1220 N. Race Street
Glasgow, KY 41141
270-651-7627

Pharmacy Corner/Option Care
3470 Wayne Sullivan Drive
Paducah, KY 42001
270-575-3397

Rice Drugs
1209 North Main Street
Beaver Dam, KY 42320
270-274-3318

Gibson Discount Pharmacy
715 East Broadway
Mayfield, KY 42066
270-247-7300

Stone Lang
2620 Broadway
Paducah, KY 42001
270-442-3561

Pennyrile Home Medical
307 East Main Street
Cadiz, KY 42211
270-552-8002

Today's Nursing Mother, Inc.
7711 Old Highway 11
Memphis, IN 41243
812-246-5731

Pharmacy Corner/Option Care
108 East Washington Street
Princeton, KY 42445
270-365-2079

Embry's Medical Supply
10 Industrial Drive
Caneyville, KY 42721
270-879-9287

Medical Arts – Home Medical
300 S. 8th, Suite 104E
Murray, KY 42071
270-762-1502

Riley White Drugs
153 Park Sq. NW
Russellville, KY 42276
270-726-7626

Community Oxygen & Medical
603 W. Everly Brothers Blvd.
P.O. Box 431
Central City, KY 42330
270-754-3187

Cherricare
1726 Sweeny Street
Owensboro, KY 42303
270-926-2252



G. Mother Nurture Portable Rooms for Loaning

Purchase District Health Department
P.O. Box 2597
Paducah, KY 42004-2597
270-444-9631
Contact: Michele Burton, RD, LD, CLC



H. General (Classes, Supplies and Sales)

Barren River District:

Greenview Regional Hospital
Call Medline to get exact dates and times: 1-800-242-5662

Medical Center – Bowling Green
Free with Stork Club Membership: apply early!
Check website for dates and times: www.mcbg.org

TJ Samson Regional Hospital
Contact Shelia or Cynthia at 270-651-4295 or 270-659-BABY

A Mother's Touch
Greenview Regional Hospital - Located on the Fifth Floor
Hours- Noon to 5 pm – T, W, Th. Sat.

This is a quiet, private place where breastfeeding mothers can go to get professional help (with physician referral), support and encouragement; general information; have questions answered; hands-on help and lactation supplies to make breastfeeding and mothering easier.

Tomorrow's Woman
2632 Russellville Road
Bowling Green 42101
270-781-5171

Green River District:

Methodist Hospital at 270-827-7114

Owensboro Medical Health Systems
Contact Elaine Berry, RNC, IBCLC, RLC at 270-688-5099
Cathy Wimsatt, RN, BSN at 270-688-5098

Pennyrile District:

Jennie Stuart Medical Center
320 West 18th St, Hopkinsville, KY 42240
Contact Jenny Rush, RN, IBCLC at 270-887-8707
1st Thursday of each month, 6-8pm in the Board Room. Cost: FREE
Preregistration encouraged but not required – refreshments provided.



Purchase District:

Purchase District Health Department – Paducah
Contact Michele Burton at 270-444-9631

Western Baptist Hospital-Paducah
Contact Martha Gregory at 270-575-2254

Lourdes Hospital-Paducah
Contact Sue Ellen Ragsdale at 270-444-2640

Jackson Purchase Medical Center-Mayfield
Contact 270-251-3461

Murray-Calloway County Hospital-Murray
Contact Debbie Graham at 270-762-1425

I. Coalitions

Western Kentucky Breastfeeding Coalition

Michele Burton, RD, LD, CLC
Purchase District
916 Kentucky Avenue
P. O. Box 2597
Paducah, KY 42004-2597
(270) 444-9631

Michele.Burton@ky.gov

Dana O'Meallie, RD, LD, CLC
Allen County Health Department
207 E. Locust Street
P. O. Box 129
Scottsville, KY 42164
(270) 237-4423

Dana.O'Meallie@ky.gov

Merritt Bates Thomas, RD, LD, CLC
Green River District Health Department
1501 Breckinridge
P. O. Box 309
Owensboro, KY 42303-0309
270-852-5561

Merritt.Thomas@grdhd.org

Green River District Coalitions

Daviess County Breastfeeding Coalition
Jennifer Thompson, MS, RD, LD, CLC
270-852-5401

Growing a Healthy Henderson
Becky Haynes, RD, LD
270-826-2951

Ohio County Breastfeeding Coalition
Mary Linda Rogers, MS, CN, CDE
270-298-3663

Webster County Breastfeeding Coalition
Donna Mason, MS, CN
270-639-9315

Tri-Area Breastfeeding Taskforce

Michele Burton, RD, LD, CLC
270-444-9631 ext. 158